

# **The Center at Priscilla Place**

## ***Senior Center serving adults age 55+***

### **March 2017**

**23 Priscilla Place • (203) 452-5199**

**Monday through Friday 9:00 AM—4:00 PM • Thursdays 9:00 AM -7:00 PM**

### **St. Patrick's Day Lunch**

**Friday, March 17th, 12:30 PM**

Come celebrate St. Patrick's Day at the Center!

Lunch will be catered by

**Sapote Restaurant and Deli** in Trumbull.

**Lunch includes:** corned beef and cabbage, potatoes and peas, carrots, and Irish soda bread.

The music will be provided by DJ Alfred Song.

\$7.00 for members. \$12.00 for non-members.

To RSVP, please call (203) 452-5137.



### **Mark Albertson Presents:**

Great news!

Mark Albertson has signed on for additional lectures.

Come join us for a history lesson.

See page 4 for more information.

### **The Trumbull Senior Center**

**Presents:**

### **A Panel Discussion and lunch**

Tuesday, March 28th

10:30 AM



Do you and/or a family member having questions about home care and living options, legal direction, and facility living? If so, please join us on March 28th for a presentation and panel discussion about these important topics from panel experts:

**Melissa Hripak—Genesis Healthcare/St. Joseph's Center Trumbull**

**Paul Doyle—Oasis Senior Advisors**

**Ann Fowler-Crus—Elder Law Attorney with Cohen & Wolf**

**Jay Kiley—Owner and Regional Developer for SYNERGY Home Care**

Lunch will be provided after the presentation.

Limited seating.

For more information and to RSVP, please call (203) 452-5137.

## **March**

### **Evening Programs:**

We are open for business on Thursday evenings.

Please join us!

### **Spring Yoga Series with Wendy**

Thursdays: March 9th — May 25th  
6:00 PM – 7:00 PM



This gentle beginner yoga class will guide you through easy stretches and break down the fundamental asanas (yoga poses). You will leave the class feeling a sense of wellbeing: energized, relaxed, stress-free and renewed! \$5.00 per class or \$45.00 for 12 sessions. To RSVP, please call (203) 452-5137.

### **Mark Albertson: Amendment XIII**

March 23rd, 6:00 PM—7:00 PM

The abolishment of Slavery with the 13th Amendment to the Constitution in December 1865, did not, however, close the door on Indentured Servitude being used as a method of forced labor in the prison system. This talk will chart the course by reviewing Slavery, as well as discussing today's privatization of the Correction System.

To RSVP, please call (203) 452-5137.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



**First Selectman** (203) 452-5005  
Timothy M. Herbst

**Senior Commission Chair**  
Amy DeZenzo (203) 261-0872

**Director of Human Services** (203) 452-5199  
Michele Jakab

**Administrative Assistant** (203) 452-5137  
Ashley Ryan Grace

**Senior Center Receptionist** (203) 452-5199  
Jeannie Franco

**Social Services** (203) 452-5198  
Jennifer Gillis: Outreach Coordinator

Jane Horton: Pantry Coordinator  
(203) 452-5135

**Wellness Nurse** (203) 452-5134  
C. Teresa Cryan, MSN, RN

## **2017 Senior Citizen Commission**

Chairman - Amy DeZenzo  
Vice-Chairman - Dee Chiota  
Secretary - Gail D'Elia  
Clerk - Barbara Crandall  
Ron Foligno  
Roberta Bellows  
Evelyn Wiesner  
Dorothy Merritt  
Mary Moran

### **A Note From Trumbull EMS...**

As we get older, we are at greater a risk of developing Hypothermia. The risk is greater for a number of reasons including a person's ability to sense that their body is cold, a medical condition that affects temperature regulation and certain medications that can change the body's ability to regulate temperature.

It is important to remember to dress warm and stay inside when possible on frigid days. Going out to the mailbox to grab the newspaper in your robe and slippers may be something that you have done for years. What happens though if you lock yourself out of the house, trip over the dog's leash, slip and fall, or suffer a medical emergency while outside and you are unable to get up? A quick trip outside to the mailbox, or to walk the dog while not wearing the appropriate clothing, can be a life threatening mistake if you were unable to get back inside.

Your body temperature drops quickly when exposed to cold temperatures and when lying on cold surfaces. Changing a routine such as putting on a pair of sweat pants under that robe, or wearing a jacket, could help prevent a person from developing hypothermia if an emergency were to occur.

Trumbull EMS reminds you to stay safe and button that jacket, it is cold out there.

*Joseph Laucella*  
*Trumbull EMS*



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## Monthly Programs and Games

### Coffee Talk with Kaitlin

**Every Thursday**

**10:30 AM**

Join Kaitlin on Thursday mornings for a morning of conversation, relaxation, and great coffee in the Snack Bar! Bring a news story or a joke and make new friends.

Coffee and snacks served. Kaitlin is a senior at Sacred Heart University studying Social Work.

### The Computer Bar

**Every Tuesday**

**1:00 PM—3:00 PM**

Computer not working? Tablet misbehaving? Is your phone acting up? If you have questions we have answers! Our crack team of geeks will be happy to give you some one on one assistance to get your devices up and running to peak perfection! There is a \$2.00 suggested donation for this service.

### Computer Tutor: One on One Sessions

**Cathleen Lindstrom**

**Every Thursday**

**10:30 AM—12:00 PM**

- How to send emails/photos
- How to create a spreadsheet or lists
- What programs to use for letter writing and/or flyers.
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents.

### Lunch and Movie

**Friday, March 24th**

**11:15 AM—1:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.

**Feature Film: Mrs. Doubtfire.**

A comedy about a recently divorced father who is willing to go to any length to interact with his children. **Starring: Robin Williams and Sally Field**  
Please RSVP by calling (203) 452-5137.

### Trumbull Senior Citizen Commission Meeting

**Friday, March 24th**

**10:00 AM**

Meetings are held in the Long Hill Conference Room located in Town Hall and are open to the public.

### Monthly Birthday Party

**Thursday, March 30th**

**11:30 AM**

Come celebrate our March birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call (203) 452-5137.

### LUNCH PROGRAM

Join us for a hot lunch

Monday-Friday at  
11:45 AM.

Reservations are required.

Call (203) 378-3086  
See page 16 for our  
delicious menu.

## Games

### Bingo

**Friday, March 31st**

**1:00 PM—2:30 PM**

Prizes and refreshments! Seating is limited. Please RSVP by calling (203) 452-5137. This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

### Bridge

**Mondays**

**10:30 AM**

Please come and make up your own foursome. There are no instructions.

### Poker

**Mondays and Thursdays**

**9:00 AM—3:30 PM**

Come join us for a fun game of poker. Don't forget to bring your poker face! Located in the card room.

### Texas Hold'em

**Wednesdays and Fridays**

**10:00 AM—3:30 PM**

Interested in playing Texas Hold'em? Join us in the card room.

### Pinochle

**Wednesdays and Thursdays**

**Fridays**

**12:30 PM**

Join a game and/or start your own!

### Mah-Jongg

**Fridays**

**12:30 PM**

Mah-Jongg players meet Friday afternoons in the library and the meeting room. New players are welcomed to join!



## Workshops, Lunch and Learns, Events

### **Trip to Yale! (in Trumbull)**

**Thursday, March 9th**

**1:00 PM—2:30 PM**

Join us, in partnership with the Norma Pfriem Breast Center, for a tour of the new Yale Park Avenue Medical Center in Trumbull. Stay for a presentation on breast health, stress management, and music therapy. Transportation is available. For more information and to RSVP, please call (203) 452-5137.

### **AARP Safe Drivers Course**

**Friday, March 10th**

**9:00 AM—1:00 PM**

AARP members pay \$15.00 and non members pay \$20.00. Reservations made by check only.

For more information and to RSVP, please call (203) 452-5137.

### **What is Acupuncture and Traditional Chinese Medicine?**

**Monday, March 13th**

**10:30 AM**

Jim Fitzpatrick, Licensed Acupuncturist, will give a presentation about the history of acupuncture and Traditional Chinese Medicine and the role they play in reducing stress, relieving pain, enhancing immunity and controlling chronic illnesses.

For more information and to RSVP, please call (203) 452-5137.

### **Lunch and Learn**

**Budgeting and Saving through Extreme Couponing**

**Monday, March 20th**

**12:30 PM—2:00 PM**

Have you ever watched those extreme couponing shows and wonder how they do it? Learn all about saving money on your everyday needs through using coupons. It's easier than you think! This event is sponsored by the Bridgeport Neighborhood Trust. A light lunch will be served. For more information and to RSVP, please call (203) 452-5137.

### **Community Acupuncture**

**Monday, March 27th**

**10:30 AM**

Interested in trying acupuncture? Join us for a one hour group acupuncture session with Licensed Acupuncturist, Jim Fitzpatrick. Each month, Jim will be offering two community acupuncture sessions at the Center. \$15.00 for one session. Each session is one hour. For more information and to RSVP, please call (203) 452-5137.

### **Ask the Pharmacist**

**Wednesday, March 22nd**

**10:30 AM—12:30 PM**

A pharmacist from Trumbull Pharmacy will be available to answer any of your questions in regards to your medications and give you information about their recently opened pharmacy in town. Teresa Cryan, Wellness Nurse, will also be present to answer questions. Healthy snacks will be served. To RSVP, please call (203) 452-5137.

### **Mark Albertson Presents:**

**Wednesday, March 22nd**

**6:30 PM**

America: A Democracy? A Republic?  
(Fairchild-Nichols Memorial Branch Library)

**Thursday, March 23rd**

**6:00 PM**

Amendment XIII: The abolishment of Slavery with the 13th Amendment  
(Trumbull Senior Center)

**Thursday, April 6th**

**6:00 PM**

Decisive Day, April 6th, 1917  
(Trumbull Senior Center)

**Wednesday, April 19th**

**10:30 AM**

Electoral College  
(Trumbull Senior Center)

**Wednesday, May 15th**

**6:30 PM**

A Well Regulated Militia  
(Fairchild-Nichols Memorial Branch Library)

### **Panel Discussion**

**Tuesday, March 28th**

**10:30 AM**

This event will answer questions for seniors and their families who may be searching for legal direction, living options, home care options and information on facilities. Lunch will be provided after the presentation. Seating is limited. For more information and to RSVP, please call (203) 452-5137.

### **Fun with Beads**

**Tuesday, March 28th**

**1:00 PM—3:00 PM**

See page 11 for more information.





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### International Folk Dance Mondays at 10:00 AM

Exercise, fun, and dancing!  
A wonderful exercise for your mind,  
body and spirit.



### Computer Lab Hours: computers available for use (no instruction available)

Mondays: 9:00 AM — 4:00 PM

Tuesdays: 11:30 AM — 4:00 PM

Wednesdays: 9:00 AM — 4:00 PM

Thursdays: 12:30 PM — 4:00 PM

Fridays: 9:00 AM — 4:00 PM

### Lunch in the Trumbull Café

Monday–Friday @ 11:45AM

The Center offers a high quality and nutritious daily lunch for a suggested donation of \$3.25. Reservations and cancellations are required at least 48 hours in advance by calling (203) 378-3086.

Transportation is available.

Senior Center membership is not required

Please join us!



## AARP Tax Aide

For the tax year 2016, AARP Tax Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM - 12:00 PM each Wednesday from February 1st through April 12th, 2017.

No appointments are necessary—just walk in. The Trumbull Library is also offering free income tax preparation on Fridays from 10:00 AM—1:00 PM.

### What to bring:

- Photo ID
- Social Security Number/Card
- A copy of your 2016 tax return
- Social Security Statement, SSA 1099
- All tax forms received for tax year 2016 (W2, 1099, etc.)
- End of year investment statements (INT, DIV, STOCKS, BONDS)
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.)



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# High Blood Pressure Self Care & Prevention Workshop

GET A FREE HOME BLOOD PRESSURE MONITOR KIT AFTER COMPLETING SIX WEEK PROGRAM

## Trumbull Health Department

The high blood pressure self care prevention program is a six week workshop that will focus on:

- Tools to take control of your blood pressure
- Home monitoring of blood pressure
- Learning the differences between normal vs. high blood pressure
- Healthy Eating & Physical Activity
- Medications & Treatment
- Meditation & Relaxation

**Date: Wednesdays: 3/29, 4/5, 4/12, 4/19, 4/26 & 5/3**

**Time: 6:30 PM-8:30 PM**

**FOR MORE INFORMATION AND TO REGISTER, PLEASE CALL 203-452-1031**



Jim Fitzpatrick is a Licensed Acupuncturist. Before returning as a private practitioner of Traditional Chinese Medicine, Jim had been the Clinical Director at the University of Bridgeport Acupuncture Institute. Jim will be holding two community acupuncture sessions each month at the Center.

The fee for one session is \$15.00.

Each session is one hour.

To RSVP, please call (203) 452-5137.



Lift your spirits, lighten up, and move into Spring with joy! Wendy Simmons-Taylor is a Registered Yoga Teacher who incorporates inspiring music, a positive atmosphere and a nurturing teaching style into all of her classes. Wendy will be offering yoga classes beginning March 9th through May 25th. In each class, students will learn

the fundamental movements of yoga and work on alignment, flexibility and strength. \$5.00 for one class or \$45.00 for 12 sessions.

To RSVP, please call (203) 452-5137



## The Center at Priscilla Place Inclement Weather Policy

If Trumbull Public Schools are **closed** due to bad weather, all Priscilla Place activities, classes, transportation, and lunches are cancelled and the Center will be closed. Staff still report to the office.

If Trumbull Public Schools are delayed, the Center at Priscilla Place morning activities, classes and transportation services that begin before 11:00 AM are cancelled. Classes, activities, and transportation will begin at 11:00 AM or as determined by staff.

The Center at Priscilla Place closings and delays are publicized on T.V. channels 3,6,8,12; on WICC 660 and WEBE 108 on the radio; and on the CT Post and Town of Trumbull website.

If travel becomes hazardous during the course of the day due to bad weather, staff may decide to cancel activities for the remained of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members are encouraged to check for cancellations or delays during inclement weather.



### Let's Go Green!

Sign up to receive our newsletter by e-mail.

To do our part for the environment, we would like to decrease the amount of newsletters that are sent through the mail. If you would like to receive your newsletter solely through e-mail, please let us know! Simply send us an email letting us know you would like to “go green.” Email: Jeannie Franco at [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov)



### How Can I Donate?

**The Trumbull Senior Center is supported by the Town of Trumbull's budget and donations.**

**100% of your donation goes towards adding additional programs and events.**

**All donations are tax deductible and checks can be made payable to the Trumbull Senior Center.**

**Please stop by and take a tour. We can't thank you enough for your support!**

### Wish List

- Colored Pencils
- Fabric Tablecloths
- Framed artwork
- Bagged candy
- Coffee
- Book Donations

### Volunteers Wanted

- Magazine Organizer
- Book Volunteer to organize our small library
- Food Pantry Volunteers to help stock shelves

**Please call (203) 452-5137**

Like us on  
**facebook**



### Meet the Staff: Ashley Grace



Many of you know Ashley by telephone or by the friendly smile and “hello” you receive when you walk into the center. Ashley does a little bit of everything around the center. She makes reservations, schedules transportation, helps schedule programs and helps with all the work done behind the scenes!

We couldn't be luckier to have her on our Senior Center team.

Ashley Grace, Administrative Assistant, has been employed with the Town of Trumbull for one year. She graduated from Southern Connecticut State University with her Bachelor of Science Degree in Public Health. She plans to continue her education in Social Work. In addition to rescuing homeless cats, she enjoys traveling, going to concerts and being outdoors.



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 **WinnResidential** A non-denominational community owned by the Diocese of Bridgeport. Professionally managed by WinnResidential. 

**The Trumbull Senior Center would like to thank Trumbull Stop and Shop for their Valentine's Day treats.**

**The Center would also like to thank the Senior Commission for their continued support in our programs and throughout our community.**



## Exercise Classes

**Stretch/Strengthen with Nancy-Mondays at 9:00 AM** Stretch, balance, aerobic and strength exercises to improve flexibility and endurance. Optional: bring weights

**International Folk Dance-Mondays at 10:00 AM** A wonderful exercise for your mind, body and spirit.

**Intermediate Line Dance with Shirley-Mondays at 12:45 PM** Line dance to different types of music.

**Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM** This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

**Fit for Life Exercise with Marylou-Tuesdays at 9:15 AM** Low-impact aerobic exercise/dance (including a weights segment). Focus: balance, flexibility, strength and endurance.

**Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM** Ballroom dance lessons with or without a partner.

**Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM** Have fun while you dance to energetic music!

**Tai Chi Quan for Better Balance with Alma-Tuesdays at 1:30 PM** Focuses on improving balance, reducing stress and clearing your mind.

**Jazzercise with Marylou-Wednesdays at 10:10 AM** Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, and strength.

**Tap Dance with Shirley-Wednesdays at 11:00 AM** Experience required. Please bring your own tap shoes.

**Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM** This class focuses on breath, balance, core and total body strength and stretching.

**Jazzercise with Jeanie-Thursdays at 10:15 AM** A fun aerobic exercise which builds strength and flexibility through dance moves to awesome music.

**Chair Exercise with Nurse Teresa-Thursdays at 11:00 AM** Guided 30 minute class where we gently bend and stretch along with a video demonstration.

**Latin Line Dance with Mike Stavola-Thursdays at 11:30 AM** Ballroom cardio dance to international music.

**QiGong with Julie-Thursdays at 1:30 PM** An ancient Chinese martial art that integrates balance, breathing techniques, and posture. Tea will be served.

**Yoga with Wendy-Thursdays at 6:00 PM** A gentle beginners yoga class that incorporates stretches, breathing techniques and fundamental yoga poses. \$5 per class. \$45.00 for 12 sessions.

**Zumba Gold with Jeannie-Fridays at 9:00 AM** Dance to international music while toning the entire body.



## Travel Corner:

*Let your Journey Begin*

**All members are eligible to participate in our day trips. Please join us!**

**Call (203) 452-5137 to sign up.**

**Medical, social, shopping rides and more!:** The Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are offered Monday thru Friday. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

### **Mama Teresa's Italian Restaurant & Pizza and ShopRite Supermarket in Milford Thursday, March 16th**

Take a trip to the brand new ShopRite Supermarket in Milford. This ShopRite is like no other! While you are shopping, be sure to check out their burrito bar, sushi bar, and even the "grind-your-own" peanut butter bar! Maximum of 14 people.  
To RSVP, please call (203) 452-5137.

#### **Time Schedule:**

- Bus will leave the center by 10:30 AM.
- Mama Teresa's from 11:00 AM—12:30 PM
- ShopRite from 12:30 PM—2:00 PM
- Bus will return to the center by 2:30 PM.

### **The Prospector Theater and Dimitri's Family Restaurant Tuesday, March 21**

Enjoy lunch at Dimitri's Family Restaurant in Ridgefield. After lunch, visit the Prospector Theater to watch a screening of the classic movie "Beauty and the Beast" starring Emma Watson, Dan Stevens and Luke Evans. The Prospector Theater is not only a one of a kind theater with stadium-style seating, unique artwork and four large, high-quality screens, but also has a mission to give back and provide meaningful employment for adults with disabilities. The ticket cost is \$8.00 plus the cost of lunch. To RSVP by March 13th, please call 203-452-5137.

#### **Time Schedule:**

- Bus will leave the center by 9:30 AM.
- Dimitri's Family Restaurant from 11:00 AM—12:00 PM
- Beauty and the Beast: 1:00 PM—3:15 PM
- Bus will return to the center by 4:15 PM

## Weekly Shopping Trips

- **Thursday, March 2nd — Christmas Tree Shop**
- **Thursday, March 9th — Trumbull Mall**
- **Thursday, March 23rd — Trader Joe's**
- **Thursday, March 30th — Frugal Finds Consignment Boutique and Needful Things Thrift Store in Watertown. Lunch at McDonald's.**

Maximum of 14 passengers per trip.

Time schedules are from 10:30 AM—12:30 PM.

For more information and to RSVP, please call 203-452-5137.

### **Regularly Scheduled Shopping**

- **Target/Big Y** : 2nd and 4th Tuesday of the month.
- **Stop and Shop**: 1st and 3rd Tuesday of the month.

#### **Stern Village Residents**

- **Target/Big Y**: 2nd and 4th Wednesday of the month.
- **Stop and Shop**: 1st and 3rd Wednesday of the month.

**Please call 203-452-5137**

**to sign up!**

**St. Patrick's Day Celebration at the AQUA TURF featuring the Maclean Avenue Band:**

Tuesday, March 14th, 2017. \$77.00 per person.

Includes: Transportation, lunch and glass of wine or beer, entertainment, driver's gratuity. Lunch includes corned beef and cabbage, baked scrod, and all the fixings. Singing and dancing is encouraged!



**ONE WORLD OBSERVATORY:**

Date: June 29th, 2017

Cost: \$119.00 Per Person

Includes: Transportation, Admission to the One World Observatory-Freedom Tower, Lunch at Carmine's, Gratuities for Driver and Tour Director

**Hyde Park:**

**Culinary Institute \* FDR Home & Museum**

Date: Wednesday, June 7th, 2017

Depart: 7:00 AM, Trumbull Senior Center

Estimated: 6:45 PM

Cost: \$107.00 Per Person

Includes: Roundtrip Motor-coach, Tour of the Culinary Institute, Lunch, Tour of FDR Home and Museum, All Taxes and Gratuities (including driver)

**More Upcoming Trips:**

- **Coins & Claws Casino and Lobster at Abbots**—July 6th or 7th
- **Saratoga Off to the Races!** —August 3rd
- **9/11 Memorial and Museum**—September 6th
- **The Big E**— September 20th
- **Oktoberfest**—October 19th
- **Radio City Christmas Show in NYC**—November 17th.
- **Brooklyn's Holiday Lights**—December 4th
- **An Amish Christmas Getaway featuring "The Miracle of Christmas" at Sight & Sound**  
December 6th-8th
- **Boars Head Feast at the Williams Inn**—December 12th
- **Hyde Park**—June 7th
- **Block Island Breeze**—August 14th

*For more information about certain trips, please stop by the Center for a flyer and/or call (203) 452-5137 and reference which trip you may be interested in.*

### Artists' Studio

Every Tuesday from 12:30 PM-3:30 PM the art studio is open and available for artists to paint together and share their talents. Come and enjoy the company of others while you create your masterpiece! Tables are on a first come first serve



We have added an additional Watercolor Painting Class. Spaces are available. Please let us know if you are interested! 203-452-5137

### Oil Painting on Fridays at

10:00 AM with

Christine Goldbach.

Instruction is available for beginners.



### Fun with Beads

Join Viola on the last Tuesday of the each month

1:00 PM—3:00 PM \$5 per class

This workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings, and bracelets. \$5.00 per class, includes instruction and repairs. You are welcome to bring in your beads.

Viola Galetta began her career in textile design in the city. She teaches at the Silver Mine Arts Center, Center for Bigelow Activities, Guilford School of Art, Brookfield Craft Center, and now at the Trumbull Senior Center! She also makes her own glass beads!

Please RSVP, call (203) 452-5137.

### 2017 Schedule

Tuesday, March 28th

Tuesday, April 25th

May: To Be Determined

Tuesday, June 27th

Tuesday, July 31<sup>st</sup>

Tuesday, August 29<sup>th</sup>

Tuesday, September 26<sup>th</sup>

Tuesday, October 31<sup>st</sup>

Tuesday, November 28<sup>th</sup>

### The Trumbull Arts Commission presents:

#### 2017 "Concerts and Cabarets"

March 12: "Jack Sings Dino" - 1:00 PM

March 26: "Primavera Duo" - 1:00 PM

April: To Be Announced

Cabaret seating, bring your own refreshments: \$5.00 per person

Pre purchase at Arts Office:

Contact: Emily Areson at 203-452-5065

\*Transportation is available. Reservations should be made through Emily Areson at 203-452-5065.





## News from the Social Services

### What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know.

**Energy Assistance:** The Connecticut Energy Assistance Program (CEAP) helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance. Please call Social Services directly at 203-452 5198 for program guidelines, required documentation, and to schedule an appointment. Home bound visits are available upon request-please no walk-ins.

### Medicare Savings Program

Would you like help with your Medicare costs?

**You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples,** some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the "donut hole."

### Senior and Totally Disabled Homeowner Tax Relief Program

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2016 through May 15, 2017 on a walk-in basis. Social Services is available for scheduled appointments as well as home bound visits and can be reached at (203) 452-5198.

Homeowners on the tax relief program, who are due to renew with their 2016 income have received renewal reminder letters in the mail. New applicants are welcome.

The state and town tax relief programs is based on age, residency and income qualifications. The town income limit is \$70,000. The state income is \$42,900 (married) and \$35,200 (single).

For further information, please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at [www.trumbull-ct.gov](http://www.trumbull-ct.gov).

### The Food Pantry is seeking donations:

- Paper towels
- Toilet paper
- Napkins
- Laundry detergent
- Dish detergent

### Would you like to help a family with home heat, groceries, or emergency housing?

Donations can be made to the Social Services Department. 100% of all donations made to the Social Services Department are used solely to assist Trumbull residents with heating assistance, food shopping, and emergency housing. Trumbull is an exceptional place to live, with many residents always willing to lend a hand !

**Trumbull Food Pantry at Priscilla Place. Please call for inquiries. Transportation is available for pantry shoppers. Call 203-452-5137**





## News from the Wellness Nurse (203) 452-5134

Teresa Cryan, MSN, RN, APRN, is available at the Senior Center on Wednesdays and Thursdays, from 8:30 AM—3:00 PM. She is also available at Stern Village Housing in Trumbull on Mondays from 8:30 AM -3:00 PM. (203) 452-5134 - [tcryan@trumbull-ct.gov](mailto:tcryan@trumbull-ct.gov)

### Wellness Nurse Services:

- **Assesses and records blood pressure readings, nutritional counseling and weight management support**
- **Provides assistance with making doctor appointments**
- **Leads seated exercise program on Thursdays at 11:00 AM**
- **Dementia education, connection to resources, disease prevention, and awareness programs**



From the desk of C. Teresa Cryan, MSN, RN, APRN, Wellness Nurse

(With Input from Kathleen Shea, Student Nurse from Sacred Heart University)

I would like to utilize the month of March and join other professionals to raise awareness about colorectal cancer and encourage you to take action towards prevention! Colorectal cancer is the third most common cancer diagnosed in both men and women. This cancer is most often found in individuals aged 50 years and older. Luckily, with regular screenings, many cases of this cancer can be prevented! As your geriatric wellness nurse, I encourage you to:

Eat a diet high in vegetables, fruits and whole grains.

Limit your intake of red and processed meats, as these foods increase your risk of colorectal cancer.

Exercise on a regular basis; we encourage you to take part in exercise classes here at the Trumbull Senior Center. Even activities such as a regularly scheduled walk aid in the prevention of colorectal cancer.

Quit smoking, or at least try to cut down significantly.

Limit Alcohol intake, and maintain a healthy weight!

Speak with your physician about taking a multivitamin. Ingesting an adequate amount of calcium and vitamin D can aid in the prevention of colorectal cancer.

Receive regular screenings! Screenings are recommended starting at age 50 for those whom are not at increased risk for colorectal. Those with a strong family history of colorectal cancer may benefit from earlier and more frequent checks.

Log onto the American Cancer Society's website at [www.cancer.org](http://www.cancer.org) to learn more about lifestyle modifications that can be made to prevent this disease!

Please feel free to stop in and see me with any questions or concerns you may have. Let's use the month of March to become more aware of the modifications we can make to live a happy and healthy lifestyle!

(I wanted to let you know that I will be away from 3/3-3/18. I will return on Monday, 3/20/17.  
Happy St. Patrick's Day to All)



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## SUSAN B'S SALON at Priscilla Place

### Open in the Senior Center

Services include haircuts for men & women, manicures & pedicures performed by a licensed professional.  
 For an appointment, call

(203) 981-7061

### Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry: \$65.00

**PLACE YOUR AD HERE!**

**Please Patronize Our Sponsors**

## March

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b><i>International Folk Dance Class</i></b></p> <p style="text-align: center;">If you're looking for fun and exercise, come folk dancing!</p> <p style="text-align: center;"><b>Mondays at 10:00 AM</b></p>		9:00 Yoga 1 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core 2 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance <b>12:30 Matter of Balance</b> 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone 3 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 6 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 7 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga 8 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core 9 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance <b>12:30 Matter of Balance</b> <b>1:00 Yale—Breast Health</b> 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone 10 <b>9:00 AARP Safe Driving</b> 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 13 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge <b>10:30 Acupuncture</b> 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 14 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga 15 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 1-4 Billiards Game	9:00 Balance & Core 16 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 ShopRite Trip</b> <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance <b>12:30 Matter of Balance</b> 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone 17 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle <b>12:30 St. Patrick's Lunch</b> 1-4 Billiards Game
9:00 Stretch 20 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge <b>12:30 Extreme Couponing</b> 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 21 9:30 Water Colors <b>9:30 Prospector Theater</b> 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga 22 10:00 Poker 10:10 Jazzercise <b>10:30 Trumbull Pharmacy</b> 11:00 Tap Dance 1-4 Billiards Game	9:00 Balance & Core 23 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance <b>12:30 Matter of Balance</b> 1:30 QiGong <b>6:00 Mark Albertson</b> <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone 24 10:00 Oil Painting 10:00 Poker <b>10:00 Commission</b> 10:15 Tai Chi <b>11:15 Lunch and Movie</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 27 9:45 Drawing 10:00 Poker <b>10:00 Folk Dance</b> 10:30 Bridge <b>10:30 Comm. Acupuncture</b> 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 28 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Panel Discussion</b> 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> <b>1:00 Beading Class</b> 1:30 Tai Chi Quan	9:00 Yoga 29 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 1-4 Billiards Game	9:00 Balance & Core 30 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> <b>11:00 Monthly Birthday</b> 11:00 Chair Exercise 11:30 Latin Line Dance <b>12:30 Matter of Balance</b> 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone 31 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle <b>1:00 Bingo</b> 1-4 Billiards Game

# Greater Bridgeport Senior Community Café

Trumbull Café 203-378-3086



## March Menu 2017

\* High Sugar Content

\*\*High in Sodium Content

+Higher Fat Content

LS-Low Sodium

1% or Skim milk provided

Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.25**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Ash Wednesday 1</b> Caesar Salad  Ravioli with Cheese+ Spinach  Pears	2 Onion Soup  Southern Style Fried Chicken+ Yams Collard Greens  Cookies*	3 Cream of Spinach  Baked White Fish with Lemon Sauce Rice Pilaf Brussel Sprouts  Peaches
6 Vegetable Soup  Salisbury Steak Oven Fries Carrots  Honeydew	7 White Bean Soup  Beef Stroganoff Noodles Peas  Berry Parfait	8 Tossed Salad  Roast Chicken Potatoes Vegetable Blend  Pumpkin Pie*	9 Chicken Soup  Penne Primavera Light Marinara Sauce Garlic Bread  Cantaloupe	10 Field Greens  Mustard Crusted Fish Wild Rice Blend Green Beans  Oatmeal Raisin Cookies
13 Vegetable Soup  Slow Roast Pork Rice Au Gratin** Peas  Pineapple	14 Tossed Salad  Chicken Fricassee with Carrots, Celery, and Onion Boiled Potatoes  Rice Pudding	15 Chicken Noodle Soup  Turkey Meatloaf Sweet Potatoes Green Beans  Peaches	16 Caesar Salad  Stuffed Shells with Marinara Sauce Sautéed Spinach Garlic Bread  Fruited Jell-O	17 <b>St. Paddy's Special</b> Potato Leek Soup  Corned Beef Brisket** Boiled Potatoes Cabbage   Ice Cream*
20 Tomato Soup  Chicken Tenders Honey Mustard Macaroni Salad  Apple	21 Tossed Salad  Pan Seared Pork Chops with Peppers and Onions Creamy Polenta Spinach  Carrot Cake*	22 Spinach Soup  Kielbasa** with Sauerkraut Roasted Potatoes Cauliflower  Melon	23 Caesar Salad  Linguini with Clam Sauce Peas Garlic Bread  Orange	24 Three Bean Salad  Baked Fish Parmesan Rice Blended Vegetables  Banana
27 Split Pea Soup  Stuffed Peppers Green Beans  Pound Cake	28 Cole Slaw  Beef Stew Diced Potatoes Root Vegetables Dinner Roll  Melon	29 Beef Vegetable Soup  Chicken with Onion Marmalade Rice Pilaf Carrots  Fruit Cocktail	30 Field Greens  Stuffed Manicotti Bolognese Sauce Broccoli Garlic Bread  Cake*	31 Clam Chowder  Pan Roasted Tilapia Wild Rice Blend Mixed Vegetables  Pears

Hot Roast  
Beef

Chicken Cor-  
don Bleu

Turkey Chow  
Mein

Spaghetti &  
Meatballs

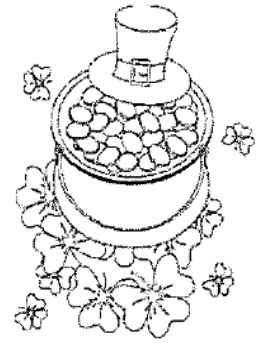
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## St. Patrick's Day Word Search

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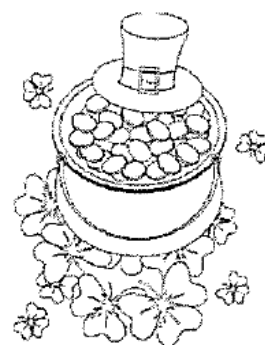
FOLKLORE  
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CLOVER  
PATRICK  
RAINBOW  
GREEN  
WISH

SHAMROCK  
POT  
CORNED BEEF  
SAINT  
ELVES

MAGIC  
IRELAND  
LEPRECHAUNS  
MARCH  
GOLD

# St. Patrick's Day Word Search



FOLKLORE  
PARADE  
IRISH  
CELTIC  
LUCK

CLOVER  
PATRICK  
RAINBOW  
GREEN  
WISH

SHAMROCK  
POT  
CORNED BEEF  
SAINT  
ELVES

MAGIC  
IRELAND  
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